

## 4 Minute Fitness Script

### The Learning Plan

Learn the movements from the 4 Minute Fitness DVD, and practice those moves until they feel quite comfortable.

And then watch the "Heal Your Mind, Heal Your Body" Live Seminar DVD, and learn the small points.

Once you feel comfortable, then began learning and memorizing the Lesson Modules. These Modules will help you skillfully and accurately teach most of the basic important principles found in 4 Minute Fitness.

Then begin learning the Script Modules, and repeat them until you feel comfortable "speaking" the moves. The Script Modules will help you skillfully and accurately and safely teach the physical movements found in 4 Minute Fitness.

Review the "Heal Your Mind, Heal Your Body" DVD and make notes about layout, and the order of subject presentation. You can organize and structure the session in any way that works for you (although -- because my session has been crafted over years and it works -- I would suggest not making too many changes.). You can make cards, or notes, or create a Power Point presentation -- anything that will help you stay on track. When you have the Modules memorized, you will simply need to figure out when you wish to teach them.

Comments surrounded by (parenthesis) may be taught or omitted. Comments that have ☺ are jokes that I have found particularly effective.

### Why learn all this?

- 1. To dramatically increase your personal benefits.** If you fully understand the theory, and grasp the small but powerful aspects of each move, you will create significantly more personal benefits from your practice. This is vitally important for Ultimate and Certification students.
- 2. To create value for your students.** Almost all of you joined this Certification program to make a difference. Your "job" when teaching is to create so much value for each and every part of 4 Minute Fitness that participants will leave and do it – hopefully everyday for life. Memorizing these modules will help you create huge value!
- 3. To make money.** It is possible to make a professional wage teaching this 3 hour session. Memorizing these few short sections is a small task, given the income potential.
- 4. To give you confidence.** If you repeat out loud each of these modules a hundred times or more, they will become a part of your brain. Then – when you are presenting (and perhaps a little

nervous), the words will come when you need them. Practice, practice, practice – and you will become confident and professional.